



each

East Anglia's
Children's Hospices



EACH Events Fundraising Pack

Help us care for children and young people with
life-threatening conditions across East Anglia



Thank you

for signing up to an East Anglia's Children's Hospices (EACH) event. Your support will make a big difference to our vital services caring for children and young people with life-threatening conditions and supporting their families.

EACH has three hospices – Milton in Cambridge, The Nook in Norfolk and The Treehouse in Ipswich. The services we provide are a lifeline to families at an unimaginably difficult time and are only possible thanks to our loyal supporters.

Did you know...



How your fundraising will help...

£23

could pay for an hour of care provided by a Clinical Nurse Specialist for a child with life-threatening conditions.

£46

could pay a Music Therapist for two hours, using music to help children and families to express themselves and communicate.

£114

could pay for six hours of counselling for a family member, giving them one-to-one emotional support during difficult times.

£400

could fund three community nursing packs providing the essential equipment needed for an EACH nurse to deliver care in the family home.

£1,100

could pay for five sessions of hydrotherapy which can help to relieve pain and relax muscles.



Fundraising ideas and tips

When it comes to fundraising the possibilities are endless! Your event is just round the corner – here are some tips and tricks to make the most of your fundraising:

Make your fundraising page count!

Keep your sponsors updated with your training, by tracking your progress and uploading photos on your fundraising page. Set a target – and your supporters will help you reach it.

Sweepstake Game

One fun way to reach your event target is to share the EACH sweepstake game with your friends, family and colleagues. Pick a prize amount and encourage people to buy a square and play.

Sponsor Forms

Not everyone is online so take your sponsor form around with you to work and meeting friends to encourage donations.

Share an EACH story...

No one can tell you the difference EACH makes better than some of families we support. We have some really emotive stories about the children, young people and families EACH cares for. These stories are a great way to promote EACHs work and encourage people to dig deep to help you reach your target. You can find all our family stories on our website www.each.org.uk.

Collect loose change!

We all have that draw or piggy bank full of loose change. With our world going contactless, why not donate your loose change to EACH.

Highest bidder

Share on your fundraising page that the highest sponsor, will get to pick a silly outfit for you to do the event in!



More ways to raise...

Hold your own events in the lead up to your EACH challenge. Such as a sponsored car wash, dinner party, bingo night or encourage your work to do a onesie Wednesday.

Match funding

Companies will often match your sponsorship, so always ask your work if they will support you!

Other ideas

You can turn any idea into a fundraiser! Having a spring clean? Take those unwanted bits and pieces to your local car boot and donate the proceeds. Have amazing skills such as gardening or hairdressing? Offer your services in exchange for donations to charity. Thinking about getting healthy? Get sponsored for giving up a bad habit.

We have lots of ideas, support and resources on our website – www.each.org.uk.

We are here to help!

Any support or resources you need please get in touch.

events@each.org.uk
01508 500895



Paying in Sponsorship:

Your money can be paid in via

- Our Website
- BACs
- Cheque
- In person at events or our offices

Please contact us at events@each.org.uk for bank details and addresses – we can then provide you with a reference and say THANK YOU!

Be the difference. Be an EACH Champion.

We need volunteers to support our fundraising activity across East Anglia. There are lots of opportunities available including bucket collections and helping at events. All roles are fun and flexible at a time to suit you.

Being an EACH Champion is volunteering YOUR way!

Find our more:

www.each.org.uk/EACHChampion
volunteerservices@each.org.uk



Making a difference to local families...

Annabel's story

Kelly and Gary began to receive bereavement support when their little girl, Annabel, sadly died aged just five years old. Annabel had a life-threatening condition called Cockayne syndrome, meaning she had a number of complex care needs. She was in and out of hospital throughout her life, where she died in June 2020.

Kelly and Gary went to The Nook to spend time with Annabel before they returned home. Kelly explained: "The Nook was such a safe haven. It was our final time to spend together as a family."

"We started weekly counselling. The difference these sessions have made is huge – they took us through what we were feeling and showed us it was ok to feel those things."

For Gary the impact of having immediate bereavement support was lifesaving.

"Going to The Nook for those two days probably saved my life. I probably wouldn't still be here but because I had that immediate counselling it saved me."

"We are now part of a bereavement group. I was adamant I didn't want group counselling. But it is nice – it's good to talk to other people who have been through the same experiences. It's somewhere we can say what we feel with no judgement."



Amari's Story

Amari has Edwards' syndrome, a condition many don't survive past birth and of those who do 90% do not survive past a year. Amari continues defying the odds and is enjoying life to the fullest at home in St Neots, supported by EACH.

Her mum Amanda explains: "EACH being at the hospital helping us to make memories when we thought we may not have met Amari alive, or we'd only have a few hours or days with her, was something we'll appreciate forever, even though we've been blessed with much more time with Amari than we thought we'd have."

"I'll always treasure the memory of getting our two-month-old Amari in her oversized yet still tiny swimming costume into the warm hydrotherapy pool, with the lovely team at the hospice. Amari was just so at ease in the pool. It was so lovely to have that bonding time with her."

"Just knowing EACH is there and willing to help and support us is another important comfort. This journey is difficult and uncertain, and what EACH provides is some form of certainty in the guidance and support they provide to families facing the loss of a child."





Get in touch

For more information or help with your fundraising:

Call 01508 500895

Email events@each.org.uk.

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www.each.org.uk

Thank you for your support, without your help EACH wouldn't be here to support families when they need it most.



Royal Patron: HRH The Duchess of Cambridge

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